

## Keeping your New Year's resolutions

### Make weight loss a priority for better health in 2004

By Kay Klumppan

Women, Infants and Children-Overseas Program

With 2004 upon us, many people have already made their New Year's resolutions. This year, for many, it's another attempt at weight loss.

With 64 percent of American adults and 13 percent of children in the overweight category, these people need to make weight loss a priority. Why? Because excess weight is directly linked to health problems such as Type 2 diabetes, high cholesterol, high blood pressure, stroke and heart disease just to mention a few.

People often start the new year energetically making a resolution one day only to break it the next. Many look to the latest fad diet or become swayed by the myth of the moment, which tends to doom weight management from the start. The reality is that many strive to create an overall healthier lifestyle but just can't find the right approach to succeed. This year, if your resolution has to do with diet or exercise, make it a resolution that you can keep all year.

☛ If you don't exercise, your muscle will turn to fat. Muscle doesn't turn into fat just as an orange does not turn into an apple. When exercise is decreased or stopped, muscle atrophy occurs. If you eat excess calories they'll be stored as fat. So when you don't

exercise and you take in more calories, muscle decreases and fat increases, but one does not change into the other.

☛ Carbohydrates such as potatoes, pasta and breads are fattening. You should avoid these when attempting to lose weight. The body prefers carbohydrates for energy. It's typically the fats that we add to carbohydrates that make them fattening such as butter on bread, pastries and gravy on potatoes. Remember, you want to choose whole grain carbohydrates such as wheat bread, brown rice, oats, barely and whole grain cereals.

☛ Protein supplements will build muscle. Muscle is generated through exercise, if you could eat or drink to gain muscle mass, no one would need to exercise. There is a maximum amount of protein the body can use and excessive protein calories just like any other extra calories will be stored as fat.

☛ Vitamin and mineral supplements will give you extra energy. Energy comes from calories found in foods (carbohydrates, proteins and fats) not in supplements. Each vitamin and mineral has an important role in the body, but popping a pill does not make up for an inadequate diet.

☛ You should lose weight first, then start

toning your muscles. Weight resistance training actually aids weight loss by increasing your metabolism. The more lean body mass you have, the more calories you burn throughout the day to keep your body lean. No calories are used to maintain fat mass.

#### Guidelines for a healthy lifestyle

☛ Don't eat when you're not hungry. This is a simple concept, but it can be hard to follow with all the convenience food, fast

food and our use of food at social gatherings.

☛ Avoid liquid calories. Most of us fail to realize how many calories we drink per day. A can of coke is 150 calories, an eight ounce juice is 110 calories, a 12 ounce beer is 150 calories. Save your calories for foods that will provide more satisfaction and drink beverages without calories such as water, Crystal light and diet sodas.

☛ Increase high-fiber food. Foods with more dietary fiber tend to make people feel satisfied longer than those with less dietary fiber. Fruits, vegetables, legumes and whole grains are all high in fiber.

☛ Avoid foods high in fat and/or sugar. Often foods high in sugar contain a lot of

calories with no real nutritional value — sodas, candies and desserts. Some fats are needed in the diet but choose the monounsaturated fats such as olive oil, canola oil, nuts, fish. And try to avoid excess saturated fats such as those found in butter, fatty meats and fried foods.

☛ Make exercise a part of your lifestyle. Exercise provides endless benefits — improved cardiovascular health, improved mood, reduced stress, decreased blood pressure and cholesterol, reduced body fat, an improved immune system, greater flexibility. In a nutshell, regular exercise provides you with a better quality of life.

☛ Go for the goal. Set achievable goals based on food group servings, exercise and not always a weight based goal.

☛ Never say never. Deprivation should not be part of the goal. To be successful you must realize that something about your lifestyle must change. But there's a place for everything, at least in moderation.

☛ Stay in control. Be assertive and do what works for you. If you like sweets, plan for indulgences. You, not someone else, controls what you eat.

#### Nutrition nuggets

Join the Women, Infants and Children staff every third Tuesday of the month from 12-12:30 p.m. at the Wolfgang Outreach Center, Building 514, at the Wolfgang Shopping Center for discussions on hot topics in nutrition. Bring your lunch and a friend.

**With 64 percent of American adults and 13 percent of children overweight, people need to make weight loss a priority.**

## 130th Engineer Brigade Soldiers return from Iraq

By Jayme Loppnow

130th Engineer Brigade Public Affairs Office

After being away for nearly a year, Soldiers of the 130th Engineer Brigade Headquarters and Headquarters Company were finally able to put their arms around their loved ones, kiss their children and speak with their spouses face to face. Excited family members waving American flags and homemade banners gathered at Pioneer Kaserne Feb. 3 to get a glimpse of the buses that would bring their Soldiers

back home to them for good.

Jessica Chhun and her children, Annabelle, age 4, and Cross, 2, were among the crowd proudly displaying a sign and straining to see any hint of the bus carrying her husband and the children's father, Spc. Phirom Chhun.

She experienced many feelings in the last few days before his return, she said. "I was feeling every emotion you could think of. I was mad because the days weren't going fast at all, and I was happy thinking about holding him."

Keeping busy and supporting her children got her through the time while her husband was in Iraq. "I got a job and my GED, which is everything he's been trying to get me to do when he was home," said Chhun. "I got it all done when he was gone, so I had something to get through the days to make the time pass faster."

As the time came closer to when her husband was expected home, Jessica said her anticipation grew. "Just knowing that he's going to be here in a matter of minutes, and that he can see me and the kids; I can't even explain to you how excited I am. I love my husband, and I can't wait to see him. And we made it."

As the buses rolled up and smiling Soldiers stepped off, families swarmed the parking lot looking for their loved ones.

Capt. Jon Stover, brigade S1, said the landscape was a big change after being away for nearly a year. "I'm really excited to be back," said Stover. "It's not as cold as I thought and it's really green."

Stover said he plans on unwinding and relaxing by hitting the slopes, skiing.

"Knowing that we don't have to go back feels really good," said Maj. Maurice Gissendanner, brigade executive officer. "I'm going to relax, spend time with family and take a load off for a while."

Gissendanner said the troops were very tolerant after being delayed several times in leaving Iraq. "The Soldiers were patient but were antsy initially and then they realized that eventually they would get home."

Maggie Martin, Family Readiness Group leader, said the delays were hard on families awaiting their loved ones as well, but they kept busy preparing for the arrival. "There's been a lot of anticipation," said Martin. "We've been decorating, baking and getting the barracks ready for the single Soldiers."

Col. Gregg Martin, 130th Engineer Brigade commander, thanked the families for the sacrifices they'd made. "Your job was much harder and more complicated than any of ours," said Martin. "We joined the Army to do exactly what we did this past year; fight a war, liberate a country and rebuild that country. We were living the dream of an engineer's paradise. You all had a much more complicated, difficult and challenging life, and I want to personally say thank you to every spouse and family member. We couldn't have done what we did without every one of you."

The brigade was located at Logistical Support Area Anaconda for the majority of their deployment. Throughout Operation Iraqi Freedom, the headquarters supported up to 15,000 engineers conducting missions including bridging, humanitarian assistance, topographic, dive missions, firefighting, base construction, river patrols, mine detection and missile removal.



Photo by Jayme Loppnow

Jessica Chhun and her children Cross, age 2, and Annabelle, 4, display their homemade sign while waiting for husband and father, Spc. Phirom Chhun at the welcome home ceremony.





# Bulletin board

## At the movies Feb. 17 to March 4

### Baumholder, Wagon Wheel

**Feb. 19** — Tupac: Resurrection (R) 7 p.m.  
**Feb. 20-21** — Torque (PG-13) 7 p.m.  
**Feb. 22** — The Haunted Mansion (PG) 4 p.m. Honey (PG-13) 7 p.m.  
**Feb. 23-25** — Closed for renovation  
**Feb. 26** — The Last Samurai (R) 7 p.m.  
**Feb. 27-28** — The Butterfly Effect (R) 7 p.m.  
**Feb. 29** — Atlantis: The Lost Empire (G) 4 p.m. Stuck On You (PG-13) 7 p.m.  
**March 4** — Paycheck (PG-13) 7 p.m.

### Büdingen, Little

**Feb. 28** — Dr. Seuss' The Cat In The Hat (PG) 3 p.m.

### Dexheim, Rhein

**Feb. 20** — The Butterfly Effect (R) 7 p.m.  
**Feb. 21** — Love Don't Cost A Thing (PG-13) 7 p.m.  
**Feb. 22** — Honey (PG-13) 3 p.m.  
**Feb. 27** — The Last Samurai (R) 7 p.m.  
**Feb. 28** — To be announced locally  
**Feb. 29** — The Big Bounce (PG-13) 3 p.m.

### Friedberg, Old Ironsides

**Feb. 19** — The Missing (PG-13) 7 p.m.  
**Feb. 20-21** — Peter Pan (PG) 7 p.m.  
**Feb. 22** — Timeline (PG-13) 7 p.m.  
**Feb. 26** — Gothika (R) 7 p.m.  
**Feb. 27-28** — Cheaper By The Dozen (PG) 7 p.m.  
**Feb. 29** — The Haunted Mansion (PG) 7 p.m.  
**March 4** — The Last Samurai (R) 7 p.m.

### Giessen, Skyline

**Feb. 17-18** — Lord Of The Rings: The Return Of The King (PG-13) 7 p.m.  
**Feb. 20** — Love Don't Cost A Thing (PG-13) 7 p.m.  
**Feb. 21** — The Haunted Mansion (PG) 7 p.m.  
**Feb. 22** — Honey (PG-13) 7 p.m.  
**Feb. 24-25** — Peter Pan (PG) 7 p.m.  
**Feb. 27** — Tupac: Resurrection (R) 7 p.m.  
**Feb. 28** — Lord Of The Rings: The Return Of The King (PG-13) 7 p.m.  
**Feb. 29** — Tupac: Resurrection (R) 7 p.m.  
**March 2-3** — Cheaper By The Dozen (PG) 7 p.m.

### Hanau, Evening Star

**Feb. 17** — Gothika (R) 7 p.m.  
**Feb. 18** — Tupac: Resurrection (R) 7 p.m.



Christina Milian (from left), Nick Cannon and Al Thompson star in "Love Don't Cost A Thing."



Honey (Jessica Alba, second from left) performs in the high energy dance flick, "Honey."

**Feb. 19** — Timeline (PG-13) 7 p.m.  
**Feb. 20** — Barbershop: Back In Business (PG-13) 7 p.m. Honey (PG-13) 9:30 p.m.  
**Feb. 21** — Love Don't Cost A Thing (PG-13) 7 p.m. Barbershop: Back In Business (PG-13) 9:30 p.m.  
**Feb. 22** — Barbershop: Back In Business (PG-13) 7 p.m.  
**Feb. 23** — The Haunted Mansion (PG) 7 p.m.  
**Feb. 24** — Honey (PG-13) 7 p.m.  
**Feb. 25** — The Haunted Mansion (PG) 7 p.m.  
**Feb. 26** — Love Don't Cost A Thing (PG-13) 7 p.m.  
**Feb. 27-28** — 50 First Dates (PG-13) 7 p.m. The Last Samurai (R) 9:30 p.m.  
**Feb. 29** — 50 First Dates (PG-13) 7 p.m.  
**March 1** — Stuck On You (PG-13) 7 p.m.  
**March 2** — The Last Samurai (R) 7 p.m.  
**March 3** — Stuck On You (PG-13) 7 p.m.  
**March 4** — The Last Samurai (R) 7 p.m.

### Rhein Main, Gardens

**Feb. 18** — The Big Bounce (PG-13) 7 p.m.  
**Feb. 20** — Torque (PG-13) 7 p.m.  
**Feb. 21** — The Haunted Mansion (PG) 5 p.m. Honey (PG-13) 7:30 p.m.  
**Feb. 22** — Love Don't Cost A Thing (PG-13) 7 p.m.

**Feb. 25** — Barbershop: Back In Business (PG-13) 7 p.m.  
**Feb. 27** — The Last Samurai (R) 7 p.m.  
**Feb. 28** — Stuck On You (PG-13) 5 p.m. The Butterfly Effect (R) 7:30 p.m.  
**Feb. 29** — Scary Movie 3 (R) 7 p.m.  
**March 3** — To be announced locally

### Wackernheim, McCully

**Feb. 18** — Timeline (PG-13) 7 p.m.  
**March 3** — The Last Samurai (R) 7 p.m.

### Wiesbaden, Flyers

**Feb. 19** — Timeline (PG-13) 7 p.m.  
**Feb. 20** — Love Don't Cost A Thing (PG-13) 7 p.m.  
**Feb. 21** — The Big Bounce (PG-13) 7 p.m.  
**Feb. 26** — The Last Samurai (R) 7 p.m.  
**Feb. 27** — Honey (PG-13) 7 p.m.  
**Feb. 28** — Barbershop: Back In Business (PG-13) 7 p.m.  
**March 4** — 50 First Dates (PG-13) 7 p.m.

### Wiesbaden, Taunus

**Feb. 17** — Gothika (R) 7 p.m.  
**Feb. 18** — Timeline (PG-13) 7 p.m.  
**Feb. 19** — The Big Bounce (PG-13) 7 p.m.  
**Feb. 20** — The Big Bounce (PG-13) 7 p.m. Honey (PG-13) 9:30 p.m.  
**Feb. 21** — Brother Bear (G) 4 p.m. Honey (PG-13) 7 p.m. Love Don't Cost A Thing (PG-13) 9:30 p.m.  
**Feb. 22** — The Haunted Mansion (PG) 4 p.m. The Big Bounce (PG-13) 7 p.m.  
**Feb. 23** — The Big Bounce (PG) 7 p.m.  
**Feb. 24** — Love Don't Cost A Thing (PG-13) 7 p.m.  
**Feb. 25** — Honey (PG-13) 7 p.m.  
**Feb. 26** — Barbershop: Back In Business (PG-13) 7 p.m.  
**Feb. 27** — Barbershop: Back In Business (PG-13) 7 p.m. The Last Samurai (R) 9:30 p.m.  
**Feb. 28** — The Haunted Mansion (PG) 4 p.m. Stuck On You (PG-13) 7 p.m. Barbershop: Back In Business (PG-13) 9:30 p.m.  
**Feb. 29** — Brother Bear (G) 4 p.m. Barbershop: Back In Business (PG-13) 7 p.m.  
**March 1** — The Last Samurai (R) 7 p.m.  
**March 2** — Barbershop: Back In Business (PG-13) 7 p.m.  
**March 3** — The Last Samurai (R) 7 p.m.  
**March 4** — Mona Lisa Smile (PG-13) 7 p.m.

**Movies and times subject to change by local theaters. For the most up-to-date schedule visit the ASG's website (see address)**

## Movie plots

**Barbershop: Back In Business (PG-13)** — Ice Cube, Cedric the Entertainer, Sean Patrick Thomas, Eve, Troy Garity, Michael Ealy and Leonard Earl Howze are back in Calvin's shop in this sequel. This time Queen Latifah joins the fun as Gina, a stylist at the beauty shop next door. They're cutting hair, creating a sense of community and having their usual outrageous discussions.

**Honey (PG-13)** — Honey (Jessica Alba), an inner city dancer, dreams of becoming a successful choreographer. She gets her break, but like the saying goes, it's too good to be true. She is drawn into a group of kids who get her dancing for the pure enjoyment of it again.

**The Big Bounce (PG-13)** — Owen Wilson and Morgan Freeman star in this film version of the novel by Elmore Leonard. Wilson plays Jack Ryan, a surfer and likeable drifter trying to loot the fortune of a wealthy developer. Jack soon finds that on the exotic North Shore of Oahu, temptation is everywhere and no one can be trusted.

**Love Don't Cost A Thing (PG-13)** — In this update of the 1987 teen movie "Can't Buy Me Love," Alvin Johnson (Nick Cannon) is a high-school senior who longs to hang with the "elite crowd." When Paris Morgan (Christina Milian), queen of the elite crowd, wrecks her mom's car, Alvin helps her out by mortgaging his future. In exchange for Alvin's help, Paris agrees to pretend she and Alvin are dating.

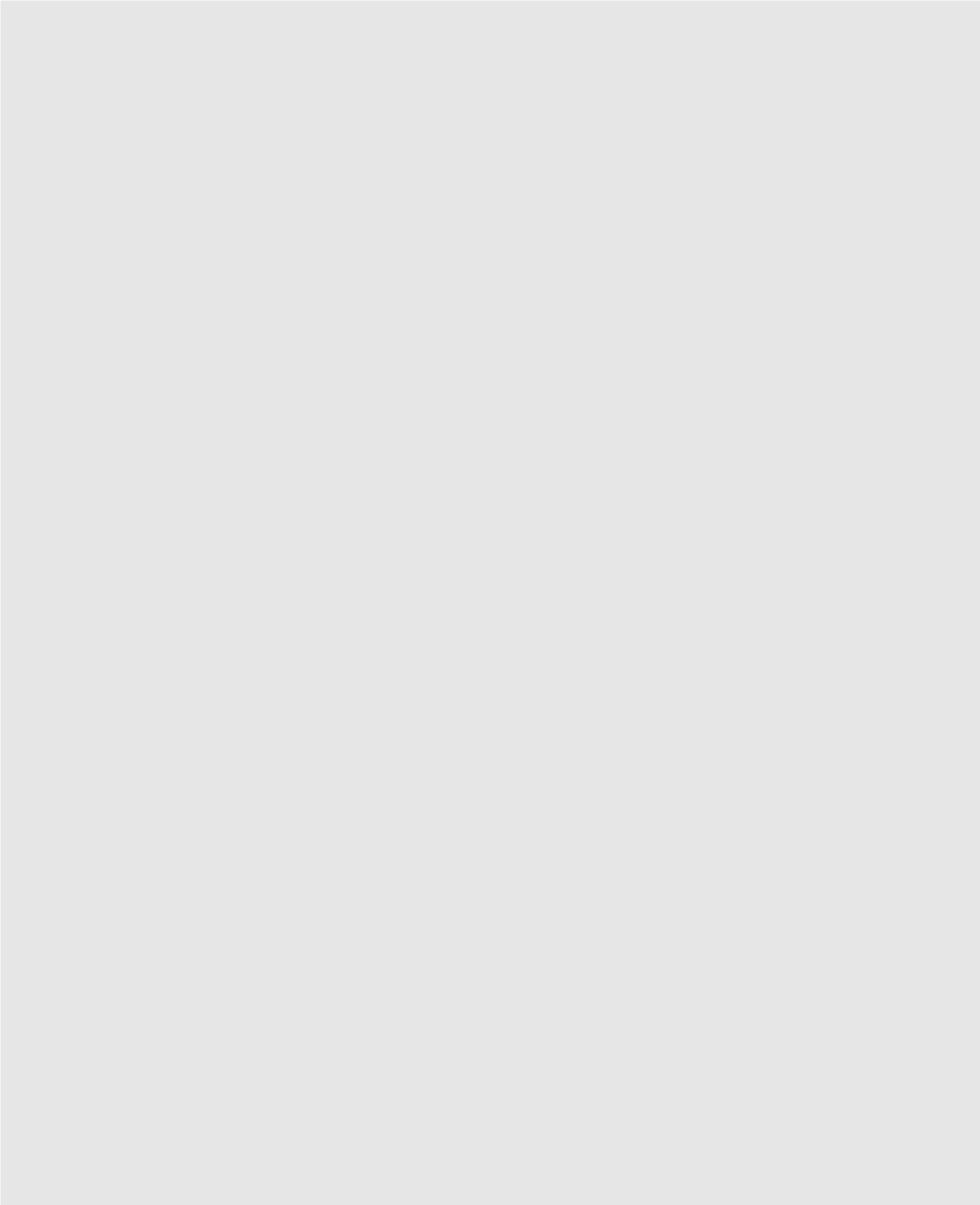
**The Haunted Mansion (PG)** — Workaholic real-estate agent Jim Evers (Eddie Murphy) drags his family to the creepy Gracey mansion in hopes of rebuilding it into a lavish new condo development. When they get there, however, the family quickly finds they're not alone... not when 999 grinning ghosts come out to socialize. It's up to Jim to break the curse and rediscover a family that needs him before the clock strikes 13.

**The Butterfly Effect (R)** — Ashton Kutcher stars as Evan Treborn, who ties his emotional scars in adulthood to the frequent blackouts he had as a child. As he begins to unravel intensely personal truths about his childhood circle of friends, Evan decides to risk everything in a bold attempt to change the past, hoping to save the people he loves.

**Tupac: Resurrection (R)** — This 90-minute feature documentary is driven by the music and art Tupac created, and the revolutionary ideas he voiced. It captures the dramatic life experiences of a young rapper whose life was cut short by a violent lifestyle, but whose legacy lives on.

# *Herald Union classifieds*

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## Finding fun at heart of Winter Challenge

### Hanau area students thrive in great outdoors

By Karl Weisel

104th Area Support Group Public Affairs Office

Their eyes still sparkled several days later as they talked about Winter Challenge 2004.

Four students at Hanau's Argonner Elementary School shared memories and photos of their participation in this year's Department of Defense Dependents Schools-Europe winter games for moderately to severely handicapped youths in Berchtesgaden Jan. 27-30.

"I love it," was the way 8-year-old Dakota Sherman described the various events featured during the games. Sherman said he was especially impressed with the cross country skiing, a first for many of the over 30 DoDDS-E and 16 German students who took part in

this year's Winter Challenge.

The Argonner student proudly wore his Winter Challenge T-shirt while showing off the large medallion he brought back from the games.

"I really liked the salt mines," said Mxolisi Gissendanner, age 10. "I went down the hill on a sled and I went splat."

"It's very rewarding as a teacher to see the kids interacting with the other kids and the teachers," said Margaret Murray, Argonner Elementary School teacher for moderately to severely handicapped youths. "For me it's great to see the kids becoming independent."

For some of the young people attending the games, it may be the first time they've had the experience of being away from familiar surroundings and their families. "It also provides a respite for the families because they don't often get a chance to get away with special needs kids."

"The kids look forward to Winter Challenge because it's non-stop fun for them," said Murray.

"I went on the bobsled inner tube over the wall and went flying," said Jonathan Mackey, describing his favorite event.

Alek Rodriguez, age 11, said he liked sledding the best.

Besides taking part in various sports including cross country skiing, sledding and snowshoe races the students also had a chance to go swimming, dancing, buggy riding and to watch a mini-circus.

"We go swimming every other week from Argonner Elementary School," said Murray. "It was great to see the students applying their skills in a different pool."

Thanks to donations from the Hanau Community Spouses Club and the Hanau Warrant Officers Association youths had enough money to pay for their accommodations and meals, and even do a little shopping in Berchtesgaden.

"I got a heart necklace for my mom to welcome her home from Iraq," said Mackey.

"I got a calendar for my dad and a glass for my mom," said Sherman.

Murray praised the staff of the DoDDS-E



Mxolisi Gissendanner, 10, of Argonner Elementary School takes an inner tube ride on the slopes during Winter Challenge 2004.

Hinterbrand Lodge who organized the games. She said about a dozen German Bundeswehr soldiers also helped out during the games running the various events. DoDDS-E students from Bad Aibling also volunteered to help out at the games. "We're hoping that next year it will happen again, even though they announced that they are closing the Hinterbrand Lodge," she said.

"It was absolutely fantastic," added Larry Sentner, Hanau Middle and High School daily living skills teacher. "The kids were so engaged and involved. It really brings out their self-confidence. It increases their self-esteem and their ability to try new things. It builds on all those stepping stones. It's absolutely true that they can go out and do things they never thought they could do."

Sentner thanked the spouses club and Army and Air Force Exchange Service for providing financial support for the Hanau High and Middle School students to attend. "They really came through for us," Sentner

said, adding that the students themselves also put in a great effort to raise money through bake sales and other projects.

"The people who put it on are really to be commended," said Sentner. "All of the events were really well thought out and there was something for every student. ... Whoever is in the administration in charge of the Hinterbrand Lodge should really rethink the decision to close it." The facility, which provides DoDDS-E students with the opportunity to challenge themselves, work as a team and experience the great outdoors, is slated for closure this year.

### No end in sight

Despite the impending closure of the Berchtesgaden facility, "That won't be the end of outdoor education," said Frank O'Gara, DoDDS-E public affairs officer. "We're working on alternatives now. We'll try to do more site-based outdoor education at the schools. We're also working on an alternate site for next year's Winter Challenge."



Photos by Margaret Murray

A Bundeswehr soldier helps Dakota Sherman of Argonner Elementary School in the cross country skiing event.

## School bits

### Dan Crow at Butzbach

Noted children's singer-songwriter Dan Crow will perform at Butzbach Elementary School March 15. Parents and siblings of students are also invited to attend. Call the school at civ (06033) 74520 for details.

### Reading at Wetzel

Wetzel Elementary School will host a Family Reading Night Feb. 26 from 6-7:30 p.m. All students are encouraged to attend with their parents for an evening of reading games. Cocoa and cookies will be served.

### Book Fair in Wiesbaden

Wiesbaden American Middle School will hold a Book Fair Feb. 23-26 in the media center. Call the school at mil 337-6251 for information.

### FBLA seeks judges

The Future Business Leaders of America seeks subject

experts to serve as judges in a variety of competitions March 25 during its State Leadership Conference. For information call Bertha Manning at mil 480-6951, civ (06371) 47-6951 or email her at [Bertha\\_manning@eu.odedodea.edu](mailto:Bertha_manning@eu.odedodea.edu) by Feb. 20.

### Volunteer for Special Olympics

Volunteers are sought for the Kaiserslautern Special Olympics Spring Games to be held May 12. More than 600 "buddies" are sought to accompany individual athletes during the games. Translators, event team members, and set-up and tear-down crew members are also needed. For details on this year's Games and to volunteer send an email to [Larry\\_Zani@compuserve.com](mailto:Larry_Zani@compuserve.com).

### Read Across America

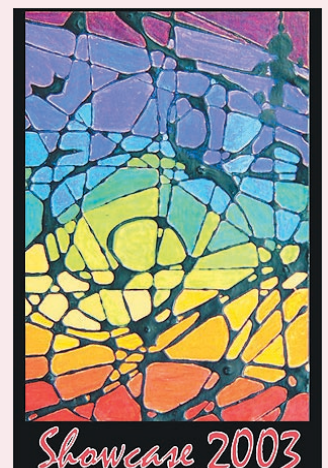
Department of Defense Dependents Schools across Europe will join with schools across America March 2 to mark the 100th anniversary of the birth of Theodor Seuss Geisel, better known to three generations of young readers as Dr. Seuss. Parents are urged to participate in the seventh annual Read Across America celebration of his birthday by volunteering to read in schools and at local libraries. Call your area school to get involved.

### SAT deadline

College-bound high school students who want to take the SAT exam May 1 must register by March 25. Contact your school guidance counselor for assistance and register online at [www.collegeboard.com](http://www.collegeboard.com).

### Showcase your talents

The 2003 edition of the Department of Defense Dependents Schools-Europe arts and literature magazine, Showcase Anthology, is being distributed at schools across Europe. It features art and writing by DoDDS students in kindergarten through 12th grade. To submit work for consideration for publication in the 2004 edition should contact their art and literature teachers.





# Sports and leisure

By Donald Seltzer  
Special to the Herald Union

Full listings of volksmarch events in the 104th Area Support Group may be found on the web at [104thasg.hanau.army.mil](http://104thasg.hanau.army.mil). Readers are asked, whenever possible, to pick up an extra set of event brochures for this column and mail them via MPS to 104th ASG, *Herald Union* Volksmarch, Unit 20193 Box 0001, APO AE 09165-0001.



## Weekend of Feb. 21-22

**Tiefenbach/Hunsrück** — Tiefenbach is due west of Bingen and south of Simmern, a reasonable distance for Idar-Oberstein wanderers. Take B-41 toward Bad Kreuznach, B-421 toward Kirchberg and B-50 toward Simmern. An unnumbered road south of Simmern leads through Holzbach to Tiefenbach. From points east connect with Autobahn 61 toward Koblenz, exit at Rheinböllen and take B-50 toward Simmern to pick up the unnumbered road to the start.

**Start:** Wildburghalle **Saturday and Sunday:** 7:30 a.m. to 1 p.m. (5, 10 and 15 km) **Trails:** Hilly, mostly woods **Award:** From previous events.

**Villmar** — This event is due east of Limburg in the scenic Naturpark Hochtaunus. Follow Autobahn 3 toward Köln, exit at Limburg-Süd and take B-8 toward Lindenhofshausen and Niederbrechen where an unnumbered road will lead to Villmar.

**Start:** Schule **Saturday and Sunday:** 7 a.m. to 1 p.m. (5, 10 and 20 km) **Trails:** Hilly, woods **Award:** From previous events.

## Weekend of Feb. 28-29

**Ludwigshafen am Rhein** — Trails will take wanderers along the banks of the Rhein River. From the central portion of the 104th ASG take Autobahn 67 south to the Viernheimer Dreieck, follow Autobahn 6 toward Ludwigshafen, exit at Ludwigshafen-Nord and follow IVV signs. From Mainz head south on Autobahn 61 to pick up Autobahn 6 eastbound and exit at Ludwigshafen-Nord.

**Start:** Gemeinschaftshaus in the suburb of Pfingstweide **Saturday and Sunday:** 6:30 a.m. to 1 p.m. (5, 10 and 20 km) **Trails:** Flat, mostly stroller-friendly fields and riverbank trails **Award:** Decorative candle stand.

**Rhaunen** — This walk is in the Hunsrück region west of Bingen, an area well known for its scenic beauty and year-round series of walking trails. Trails of 42- and 50-kilometers are offered for those seeking a challenge. Take Autobahns 60 and 61 toward Bingen and Koblenz. Exit at Rheinböllen and follow B-50 and B-421 to Kirchberg, then continue through Dickenschied, Rohrbach and Woppenroth

## Take a hike

to reach Rhaunen on an unnumbered road. From Idar-Oberstein take B-41 and B-421 to reach an unnumbered road leading to Schlierschied, Woppenroth and Rhaunen.

**Start:** Idarwaldhalle **Saturday and Sunday:** 7 a.m. to 1 p.m. (5, 10 and 20 km), 7-9 a.m. (42 km) and 7-8 a.m. (50 km) **Saturday:** 5:30-6:30 p.m. (torch walk) **Trails:** Hilly, mostly woods **Award:** Beer mug (shorter routes) or patch and certificate (long routes).

**Rothenburg ob der Tauber** — Wanderers can explore the medieval, walled city of Rothenburg at this event. It's crowded but not overwhelming. The Saturday-only old-town walk includes a mini-tour of its many shops and sights, and a 25 percent admission discount is offered to a number of museums and attractions to those with IVV start cards. Take Autobahns 5, 6 and 7 past Heidelberg, Heilbronn and Crailsheim to reach Rothenburg. Alternately, Autobahns 3 and 7 via Würzburg and Kitzingen may be used. This event is insanely popular, but parking is plentiful.

**Start:** Sporthalle on Erlbacher Strasse **Saturday:** 7 a.m. to noon (6, 11 and 20 km outside of city) and noon to 5 p.m. (11 km old-city trail) **Sunday:** 7 a.m. to 2 p.m. (6 and 11 km) and 7 a.m. to 1 p.m. (20 km) **Trails:** Old-town routes are paved with some steps; trails in the surrounding area are hilly and wooded **Award:** Beer mug.

**Siegen-Achenbach** — Achenbach is on the western edge of Siegen and easy to reach by Autobahn. Consider making a short visit to the nearby military cemetery. From Giessen take Autobahn 45 to Siegen and the Freudenberg exit to pick up an unnumbered road to the start.

**Start:** Hauptschule **Saturday and Sunday:** 7:30 a.m. to 1 p.m. (5, 10 and 20 km) **Trails:** Very hilly, mostly woods **Award:** Ceramic figurine.

**Tiefenbach/Braunfels** — This town is on the northern edge of Naturpark Hochtaunus, an area with many scenic sites. Don't confuse it with a town of the same name in the Hunsrück. From Giessen take B-49 west toward Limburg to pick up an unnumbered road just past Bahnhof Braunfels to reach the start. From elsewhere take Autobahn 3, exit at Limburg-Nord and follow B-49 toward Giessen. Turn off B-49 just past Biskirchen to reach Tiefenbach.

**Start:** Mehrzweckhalle **Saturday and Sunday:** 7 a.m. to 1 p.m. (5, 10 and 20 km) **Trails:** Very hilly, woods **Award:** Stuffed toy pair of mice.

## Weekend of March 6-7

**Girkenroth** — A first-time listing in this column, Girkenroth is northwest of Limburg and a fairly easy drive for many in the 104th ASG. Take Autobahn 3 to the Limburg-Nord exit and follow B-8 through Elz to Herschbach. Connect with an unnumbered road to Salz and Girkenroth.

**Start:** Dorfgemeinschaftshaus **Saturday:** 7 a.m. to 2 p.m. (5 and 10 km) and 7 a.m. to 1 p.m. (20 km) **Sunday:** 7 a.m. to 1 p.m. (5, 10 and 20 km) **Trail:** Expected to be hilly, woods **Award:** From previous events.

**Simmern/Hunsrück** — This walk is in the Hunsrück region west of Bingen, one of Germany's prettiest areas. Take Autobahns 60 and 61 to the Rheinböllen exit, then pick up B-50 toward Kirchberg and Simmern. The final mile or so to Simmern is on an unnumbered road. From Idar-Oberstein take B-41, B-421 and B-50 to reach the start.

**Start:** Rottmannschule **Saturday:** 7 a.m. to 3 p.m. (5 and 10 km) and 7 a.m. to 2 p.m. (20 km) **Sunday:** 7 a.m. to 1 p.m. (5, 10 and 20 km) **Trails:** Hilly, woods and fields **Award:** Model truck.

## Weekend of March 13-14

**Frankfurt/Main-Bergen-Enkheim** — This event offers trails for different abilities and is easy to reach. Parking and Saturday shopping are available at the neighboring Hessen Center. The start hall is at Borsigallee 40 in the Enkheim area of Frankfurt, across the street from the shopping center and streetcar stop, at the western end of Autobahn 66 when coming from Hanau. From elsewhere, readers will need to consult their maps carefully. Take Autobahns 3 and 661 (northbound) to find directional signs to Bergen-Enkheim, then follow small, white IVV signs to the start.

**Start:** Volkshaus Enkheim **Saturday:** 7 a.m. to 3 p.m. (5 and 10 km), 7 a.m. to 1 p.m. (20 km) and 7-11 a.m. (30 km) **Sunday:** 7 a.m. to 1 p.m. (5, 10 and 20 km) and 7-11 a.m. (30 km) **Trails:** Shorter trails are slightly hilly and stroller-friendly for the large-wheeled variety, longer trails are hillier, woods, fields and some city streets **Award:** Stuffed toy puppy.

**Grolsheim** — This event is just south of Bingen. Take Autobahn 60 to pick up B-50 at Bingen, head south toward Bad Kreuznach and follow IVV signs to the start. From Wiesbaden and Mainz take the St. Goar exit of A-60 to pick up B-9, then the Gensingen exit to connect with B-50. **Start:** Dorfgemeinschaftshaus **Saturday and Sunday:** 7 a.m. to 2 p.m. (5 and 10 km) and 7 a.m. to noon (20 km) **Trails:** Shorter trails mostly flat, 20 km is hilly, fields, neighborhoods, woods **Award:** From previous events.

**Trier-Ehrang** — Readers in Idar-Oberstein, Baumholder and Neubrück will find this Sunday-only event in the area surrounding Germany's oldest city, Trier, on their side of the ASG. Drivers should head toward Autobahn 1. Baumholder residents can connect at Freisen, Idar-Oberstein readers should pick it up at Neubrück by using B-41. Trier-Ehrang has its own exit off of Autobahn 602 as drivers approach Trier. Watch carefully for IVV signs.

**Start:** Turnhalle in the Trier suburb of Ehrang **Sunday:** 7 a.m. to 2 p.m. (5, 10 and 20 km) **Trail:** Expect hilly trails, mix of woods and fields **Award:** Ceramic figurine.

Questions? Send email to [volksmarch@hotmail.com](mailto:volksmarch@hotmail.com).



## Things to do

### Ski Club trips

The Frankfurt International Ski Club invites everyone to join them for a host of trips



Photo by Karl Weisel

Skiing opportunities abound through the winter months. See Frankfurt International Ski Club listings above or call your local Outdoor Recreation office.

throughout Europe. Upcoming trips include **Cortina** Feb. 20-24, **Luzern/Engelberg** Feb. 20-22, **Zell am See** Feb. 27-29, **Whistler** Feb. 28 to March 7, **Portes du Soleil** March 5-7, **Chamonix** March 12-15, **Lauterbrunnen** March 12-14, **Monterosa** March 18-21 and **Crans Montana** March 19-21. For more information about the club and upcoming trips visit their website at [www.fiscweb.org](http://www.fiscweb.org).

### Bad Orb Fasching

The spa town of Bad Orb, east of Gelnhausen, holds its Rose Monday Fasching Parade Feb. 23 at 2:01 p.m. Like its larger, more famous cousins in Mainz and Cologne, the Bad Orb parade will feature floats, clowns, marching bands and candy thrown to youngsters in the crowd. A Children's Fasching Parade will also be held the next day, Feb. 24, starting at 2 p.m.

### USO trips

Rhein Main Area USOs offer a variety of tours, trips and special events in the coming weeks. Among highlights are **Carnival in Venice** Feb. 19-20; **Amsterdam Tour** Feb. 20-22; **Evelin's Wellness Paradise** Feb. 21;

**Paris Express** Feb. 27-29; **La Leche League** Feb. 27 and a **Darmstadt Tour** Feb. 28. Call USO offices in Hanau (civ 06181-56119), Wiesbaden (civ 0611-705 5806), Rhein Main Airbase Terminal (civ 069-699 6469) or Frankfurt International Airport (civ 069-691 581) for reservations and more information.

### Theater highlights

Giessen's Keller Theater holds auditions for "Another Antigone" Feb. 23-24 at 7 p.m. at the theater. Call mil 343-6515.

Frankfurt's English Theater presents the comedy drama "Closer" every evening except Monday March 12 to April 10. Call the theater at civ (069) 2423 1614 for reservations.

Frankfurt's Internationales Theater presents **Juliana Canta** Feb. 20 at 8 p.m., **Works by Jewish Composers** Feb. 22 at 6 p.m., **New Afro-Brazilian Music** Feb. 27 at 8 p.m. and **Ballet Highlights** Feb. 28 at 8 p.m. Call civ (069) 4990 980 for tickets.

### Alter Oper highlights

Frankfurt's Alte Oper presents jazzier **Till Brönner and Band** with the **Joy Denalane Acoustic Quartet** Feb. 25; the **Emerson**

**String Quartet** performing works by Bach, Shostakowitsch and Beethoven Feb. 26; the **Alban Berg Quartet** playing works by Haydn, Webern and Brahms Feb. 27; **Lord of the Dance** Feb. 29 and March 1; the **Sabine Meyer Wind Ensemble** playing works by Mozart and others March 4; **Seal** March 8; **Brian Wilson** March 10; **Jose Carreras** March 11 and **Gianna Nannini** March 19. Call civ (069) 1340 400 for tickets.

### Youth camp

The Volksbund Deutsche Kriegsgräberfürsorge (commission for the care of war graves in Germany) seeks American and European youths age 16-20 to take part in their International Youth Camp July 30 to Aug. 14. Young people will get a chance to work with various nationalities while working on Jewish and international grave sites and visiting various cities and castles. Cost is 150 euro per person including food, accommodations and transportation. For registration information call Ruediger Kline at civ (069) 944 90711 or send an email to [ruediger.klinge@volksbund.de](mailto:ruediger.klinge@volksbund.de).



# Sports and leisure

## Sports shorts

### Dexheim run

The Dexheim Fitness Center on Anderson Barracks holds a 10-Kilometer Ice Breaker Run March 13 at 10 a.m. Registration is from 8-9:45 p.m. Call mil 334-5746.

### Racquetball Tourney

Hanau's Pioneer Fitness Center holds the Black History Month Open Racquetball Tournament Feb. 19 from 4-8 p.m. Entrance is free. Call mil 322-8197.

### Indoor soccer

Giessen's Friedberg Fitness Center hosts an indoor soccer tournament March 6-7. Call mil 324-3155.

### Lacrosse players sought

The Frankfurt Cosmos Lacrosse Club seeks male and female players of all ages and levels. Call Bob Scheider at civ (0174) 585 1333 or email [bob@frankfurt-cosmos.de](mailto:bob@frankfurt-cosmos.de).

### Boxing tournaments

The **Dexheim Fitness Center** on Anderson Barracks hosts the 221st Novice and Open Boxing Tournament Feb. 28 at 6 p.m. Registration and weigh-in is at 9 a.m. Participation is free. Spectator admission for those age 12 and up is \$3. Call mil 334-5746 or 337-5379 for more information. **Wiesbaden's Tony Bass Fitness Center** holds an Open and Novice Boxing Tournament March 13 at 6 p.m. Registration starts at 9 a.m. Call mil 337-5541.

### Liberty Trek

The U.S. Army Europe Equal Opportunity Office sponsors the second annual Liberty Trek April 1 through Sept. 30. Participants can either bike 1,075 miles, roller blade 875 miles, run or walk 675 miles, or travel by wheelchair for 675 miles during that time period. Call mil 370-6873 or 6851 for more information.

### Black History Aerobathon

Hanau's Pioneer Fitness Center holds a Black History Month Aerobathon Feb. 24 from 5-8:30 p.m. It will feature pilates from 5-6 p.m., spinning from 6:30-7:30 p.m., aerobics and kickboxing from 7:30-8:30 p.m. Cost is \$3 per class. Call civ (06181) 88-8197 for details.

### Fitness Marathon

Wiesbaden's Tony Bass Fitness Center holds a Fitness Marathon Feb. 21 starting at 9:30 a.m. Call mil 337-5943 for more information.

### Spring hunting course

The Heidelberg Rod and Gun Club offers a spring 2004 hunting course starting March 6 at 9 a.m. Cost is \$55. Call civ (06202) 605 644 for details.

### Free golfing at Rolling Hills

Baumholder's Rolling Hills Golf Course hosts a membership drive in March. Purchase an annual membership and play nine holes for free all month long. The offer is valid to new members only. Call mil 485-7299.

### Giessen Aerobathon

Giessen's Miller Hall Fitness Center hosts an aerobathon March 6 from 10 a.m. to 2 p.m. Entrance is free. Check your blood pressure, enjoy aerobic exercises and refreshments, and win door prizes. Call mil 343-7201.

### Work out during work

Enroll now for the Civilian Fitness Program in the 221st Base Support Battalion through March 12. Free fitness assessments will be conducted March 15 from 1-4 p.m. and March 16 from 8:30-11:30 a.m. at Wiesbaden's Tony Bass Fitness Center. Call mil 337-5379.



Photos by Alexandra Williams

### Revvng up for spring

Runners take off for the second annual Groundhog Day 5-K Fun Run in Giessen Jan. 31. Photo left: Sue Morin races to a first-place finish in the female seniors category. Other winners were Michelle L. Batz in the female open, Gail Gilderoy in the female masters, James Leinberger in the male open, Anthony Pisaro in the male seniors and Tim Battle in the male masters category. Overall winners were Batz among the women and Pisaro among the men.

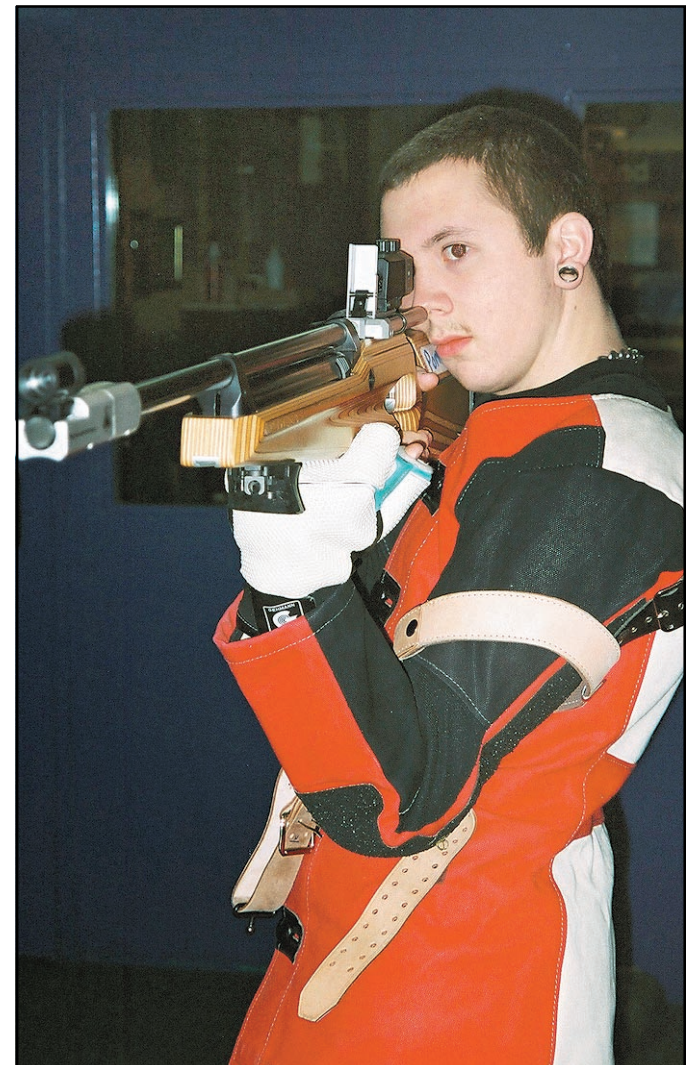
## School sports seasons near wrap



Hanau High School's Malcolm Lane drives for two points against the Heidelberg Lions Feb. 4. Hanau lost the non-conference match, but went on to beat Bitburg twice Feb. 6 and 7 to improve to 10-2 in Division II play.



Hanau High freshman Lucas Heise pins a Heidelberg opponent in a 135-pound contest at Mannheim Jan. 31. In championship meets Feb. 7 Wiesbaden's Gen. H.H. Arnold High School finished third in Division I, Hanau finished eighth in Division II and Baumholder and Giessen finished seventh and eighth respectively in Division III finals.



Photos (3) by Gene Knudsen

Hanau High School JROTC marksman Brandon Rockwell takes aim during the Northwest Rifle Competition Jan. 31. Rockwell placed first in shooting from a kneeling position. Giessen High School's Kathryn Prosser outshot Rockwell by one point to take the overall title with a score of 276. In European Rifle Championship competition held Feb. 7 in Würzburg the Giessen team finished fifth with a score of 1,323. Hanau finished seventh with a score of 1,291.